



Mental Health America
of Dutchess County



ANNUAL REPORT 2019

A photograph of Andrew O'Grady, CEO of MHA Dutchess County, standing on a bridge over a river. He is wearing a black t-shirt with a yellow and blue logo that says "KICK OUT STIGMA" and "MHA". He is holding a megaphone and speaking. The background shows a river and a forested hill.

Andrew O'Grady, CEO of MHA Dutchess County

Dear Friends,

Mental Health America of Dutchess County saw even further expansion in 2019 beyond the merger with MARC. A growing list of partnerships were formed with other agencies and community stake-holders, fostering new programs at MHA as well as expanding existing programs.

MHA and the MARC Agency continue to participate in the countywide CIT training that is happening to assure that all police officers in Dutchess County are trained in crisis intervention. Training resources are pulled from our myriad of services.

Care Management, is our largest department, and for the first time in over two years they are fully staffed and have a whole new group of very motivated, very caring, and very effective care managers. The leadership in that department has done an excellent job of keeping morale positive, despite these external entities who have contributed to the difficulty to retain staff, and the increased pressure and stress related with this job.

We developed and launched a new program in partnership with the City of Poughkeepsie Middle School. This began in the summer when we were provided a large classroom at PMS which we have set up as a Health and Wellness Club. This is a safe space for students, teachers, and family to come and either relieve some of their stress by talking or just being away from what is triggering them. We will also be engaging students and focus on individual strength building activities as well as community service projects.

Over the summer we also started work renovating a new location at 515 Haight Ave. This will soon house a number of MHA programs that make up our Department of Family Support & Advocacy. The move to the new site will provide great relief for all our programs and the people we serve.

Our Vet2Vet program is one such department growing at a tremendous rate and they will occupy the first floor of the new site. They will be expanding on the HERO Housing program with a Vocational "VET-TAP" program. From their continued incredible work, the staff have been widely recognized and respected throughout the state. This has helped attracted a lot of attention from veterans who need there help, people who want to help, as well as other community partners. Case in point there were two nationally recognized events in 2019 that were dedicated in part to Vet2Vet. The first was Thomas Zurhellen's months-long walk across the United States, 22 miles-a-day that helped raise awareness of veteran suicides. This was followed by a record setting Skyride across the Walkway over the Hudson.



Andrew Oliver, Board President



Another growing program is Home and Community Based Services that grew out of a partnership formed five years ago. Then, MHA was one of six agencies to enter into an IPA called CBHS. For years this group was extraordinarily helpful in ensuring that MHA of Dutchess was knowledgeable and aware of the various changes going on in the region, the state, and with managed-care transition. We have been part of the IPA as it has grown, and we are proud to say that the IPA now has grown into a size of approximately 28 active agencies and has helped fund the HCBS program.

In addition we have seen an amazing outpouring of support from our friends in the community. With the The Claudio Coppola Foundation and The Hatchandani Foundation leading the way. We cannot thank them and all of our donors enough for the support they provide. MHA has over 35 programs, and we continue to grow and face new challenges, thankful that we have strong partnerships throughout the community.

As a direct result of our forward thinking and these strong partnerships, the outlook for 2020 and beyond was very good. We felt we could weather any storm. With the emergence of the COVID-19 crisis, we are truly being tested, but we have seen and recognized that our services are more needed than ever. We have been able to adapt to the rapid changes in the workplace, keeping our services going.

For this we are very grateful and again we cannot thank our staff, supports, board, volunteers, community partners, and all of our clients and constituents enough for working with us to make sure that we can continue to provide the vital mental health and addiction services for all of Dutchess County.

Thank you and stay safe,

A stylized, handwritten signature in black ink, appearing to read "A. O'Grady".

Andrew O'Grady
CEO

A handwritten signature in black ink, written in a cursive style, reading "Andrew Oliver".

Andrew Oliver
President of the Board

CARING FOR OUR COMMUNITY

Lisa Connolly, MA, Psy.D., LMHC.,
Division Director of Adult Services

Care Management

The primary function of MHADC's Adult Mental Health Care Management and Health Home Program is to assist clients in maintaining their independence and self-sufficiency so they can live successfully in the community. The staff of care managers and administrative support serves people with severe and persistent mental illness. We help clients maintain their housing, find satisfying work, increase their social and recreational activities, and set a variety of personal goals. We coordinate with virtually every person in our clients' lives including families, psychiatrists, therapists, advocates, primary medical doctors, landlords, and parole or probation officers. Additional services include our Peer Bridge Program, Supported Housing Program, Transportation, and our Furniture Program.

Mel's Place: The Living Room

Mel's Place, also known as The Living Room, provides a safe haven, hot food, showers, and more to individuals and families who are homeless or at-risk of becoming homeless and struggle with mental health and/or substance abuse. Staff members offer support and referrals for housing, employment, help with addiction, and health benefits. Veterans assistance is also made available through our Vet2Vet program and a social worker representing the V.A.



Beacon Wellness Center PROS

Personalized Recovery Oriented Services, PROS, is a comprehensive program for individuals with severe and persistent mental illness. Staff integrate support and rehabilitation in a manner that facilitates each participant's recovery. Goals for individuals in the program are to improve functioning, employment, education and secure housing, as well as reduce the need for inpatient and emergency services and contact with the criminal justice system.

Pictured above: The Beacon Wellness Center at 451 Fishkill Avenue in Beacon, NY.

EDUCATING OUR COMMUNITY

Janet Caruso, M.S.L.S., Director,
Community Education

Classes and Workshops

MHA routinely offers: How to Talk So Kids & Teens Will Listen, Your Defiant Child, Parent Well-Being, Parenting Explosive Children, Men Get Depression, P.E.A.C.E., and Take the Journey, as well as one-time workshops for the public.

Information and Referral

With a phone call or a visit to our website, people seeking help or information are connected to a variety of resources including a private referral list of Dutchess County psychiatrists, psychologists, and social workers. We also participate in health fairs and hold depression screenings for adults.

Kids on the Block

Using nearly life-size puppets, Kids on the Block educates and entertains young children, stimulating communication between the audience and puppets. Programs on the following topics are available free to schools and youth groups: bullies and school safety, children's mental health, childhood obesity, multiculturalism, learning disabilities, and alcohol, tobacco, and drug prevention.

Library

Community members can use a computer, read journals, borrow books, get assistance with resume writing upon request, and browse the reference collection in the Library at Mansion Street. You may also visit us online to browse the collection and order titles to pick up.

Supported Education

Supported Education serves students whose post-secondary education has been interrupted or intermittent as a result of a disability. Ongoing support services are designed to help the student succeed. Services include: assistance with applications, registration, financial aid, help with study skills, time management, and stress management. This is a cooperative program of MHADC, Dutchess Community College, and New York State's ACCES-VR.

Home & Community Based Services

HCBS provides recovery and wellness services for adults 18 and older with mental health and/or substance use disorders. These Medicaid-funded services are provided in the home and/or community.



STRENGTHENING OUR FAMILIES

Lydia Edelhaus, MA, Ph.D., Director,
Family Support and Advocacy Services

Family Support and Advocacy Services helps veterans and families where one or more members has a mental illness, including families of adults who continue to live with parents or other family members. Stressing strengths, rather than illness, and emphasizing family involvement, we often collaborate with other community groups to provide skill-building, peer support, education, empowerment, advocacy, and opportunities for social interaction.

Vet2Vet: Veterans Peer Services

Funded by the PFC. Joseph P. Dwyer Project, it provides services for Dutchess county veterans and their families. Veterans of all eras are welcome, with no limitations as to discharge date, discharge type, or dependency status, providing support groups, family services, socialization, and case management to veterans of Dutchess County. Services include support groups, monthly social events, Care Management, and referral to specialized aid. In addition, Vet2Vet acts as a liaison between veterans and the VA and so much more.

This includes Housing assistance through our HERO Program, and vocational assistance and training through VET-TAP: Veterans Employment, Training and Transitional Assistance Program. All program leaders are veterans themselves with years of experience helping others heal.

In 2019, Vet2Vet held 66 groups, serving a total of 1812 veterans and/or family members of veterans. On top of that Vet2Vet added 28 mentors.



Pictured above: 515 Haight Avenue in Poughkeepsie. The future home to FSAS services including Vet2Vet.

Adult Advocacy

MHADC's Adult Advocacy Program has expanded from providing information and advocacy to offering peer support groups. We also have added a family support component because we heard from so many families who needed help finding resources for 18-25-year-old adult children who had "graduated" from the children's mental health system and were having difficulty engaging the adult system or had never been involved in any mental health program at all.

Compeer

Compeer pairs adults with community volunteers for weekly activities and companionship. There are social events for these teams, those on our waiting list, volunteers, and advisors. Those on the waiting list also receive a weekly phone call from Compeer's Coordinator. Volunteers are needed and receive training designed to help ease isolation, build trust, and offer support.

Court-Appointed Special Advocates

CASA volunteers are trained citizens who advocate for children at risk for foster care placement and monitor foster care cases involving abuse or neglect. The aim is to ensure that children in foster homes are well treated and that their cases progress through the system promptly. MHADC's CASA is part of a nationwide network that sets standards for quality and performance, and a state organization that provides support and pass-through funds when available. Dutchess County Family Court judges speak publicly about the value of CASA and the importance of maintaining its funding.

Health Homes Serving Children

Now in its second year, Medicaid-eligible children with SED who are considered at risk for hospitalization are offered Care Management services through Health Homes Serving Children (HHSC). Similar to MHADC's Adult Care Management services, a child who is deemed health-home eligible can be enrolled with parental consent, or own consent if 18 or older. They are assigned a Care Manager to assist the parent, and/or child if 18 or older, to coordinate physical and behavioral health care, provide linkages to children's and family services, answer questions, and more.



Mental Health Family Support Programs

Family Support offers peer advocacy and help to parents and caregivers of children with serious emotional disorders and other special mental health needs. Programs and services include: HOPE for Families, peer support groups, advocacy, and Medicaid-Waiver Family Support. The latter is provided through the New York State Office of Mental Health. MHADC also provides support services for families with children in residential treatment facilities.

Credentialed Family Peer Advocates work with parents to decrease their sense of isolation, help them access community and regional supports, and help them meet self-directed goals. In addition, to improve family relations and educate and support the siblings of children with serious emotional disorders (SED), MHADC offers two age-specific groups through our Sibling Support Program. These educational and recreational groups use an evidence-based curriculum to help children better understand their siblings who have SED while enjoying special fun activities for themselves.

Programs for Parents with Psychiatric Disabilities

EMERGE uses evidence-based curricula to support, advocate, educate, and provide parenting skills to help achieve self-directed goals. Parents learn skills and strategies from several evidence-based curricula to prepare their families for disruptions that may arise from their illness. MHADC also offers peer support groups, socialization activities, and advocacy.

Respite Programs

MHADC's Respite Programs offer a wide array of services for families with children who have serious emotional disorders (SED). Although technically respite services are for parents, the primary interaction occurs between trained respite workers and children through individual excursions and group recreation that provide parents with a break. Individual Respite also serves families involved in New York State's Bridges to Health Program and Office of Mental Health Waiver Programs. MHADC also provides summer camp scholarships for children with SED.

Teen Challenge

Teen Challenge is one of two transition programs for young people preparing for life after high school. Teen Challenge offers a curriculum-based, skill-building, support group for 14-19-year-olds with SED. Eligible youth meet in dynamic weekly groups to work through evidence-based life skills curricula. They also perform regular community service activities and enjoy monthly recreational activities. The goal is to prepare them for life as young adults and to integrate them into their communities.



ADMINISTRATIVE SERVICES

Jennifer Nelson, BA., CFO

Statement of Support, Revenue & Expenses For Year Ending December 31, 2019 - Figures are Pre-Audit

Public Support & Revenue

United Way	\$4,429
County Contract Reimbursement	\$2,784,290
Program Income	\$6,177
Donations	\$118,016
Interest Income	\$41,063
DSRIP Payments	\$53,205
Special Events	\$82,822
Grants/Contract Reimb	\$1,107,304
Rental Income	\$53,711
Medicare	\$16,594
Managed Care	\$139,080
Medicaid	\$6,317,505
Donated Services	\$42,660
Investment Activity	\$126,243
Credit Cards Rewards	\$7,113
Total Public Support & Revenue	\$10,900,213

Summary

Total Expenses	\$10,659,249
Excess of Support	\$240,963
Fund Balance 1/1/19	\$3,780,868
Fund Balance 1/1/20	\$4,021,832

MHADC received funds from Dutchess County Department of Behavioral & Community Health, Dutchess County Division of Youth Services, Dyson Foundation, NYS Office of Mental Health, NYS Dept of Education, NYS Office of Children & Family Services, United Way, federal grants, private donations and supporters.

FINANCIAL REPORT

Expenses by Program

Program Services & Additional Expenses

CASA	\$62,325
Supported Housing	\$381,553
Case Management	\$6,487,650
Children's Respite	\$165,340
Compeer	\$54,996
Personalized Recovery Oriented Services	\$989,686
Education	\$235,096
EMERGE	\$105,173
MARC	\$271,004
HCBS Services	\$285,266
Mobil Crisis & Stabilization	\$444,295
Family Support & Adv	\$217,864
Living Room	\$428,750
Veterans	\$303,235
Host Visitation	\$18,165
Association Expenses	\$208,852
Total Expenses	\$10,659,249

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mhadutchess.org • info@mhadutchess.org • [@MHADutchess](https://www.instagram.com/MHADutchess)